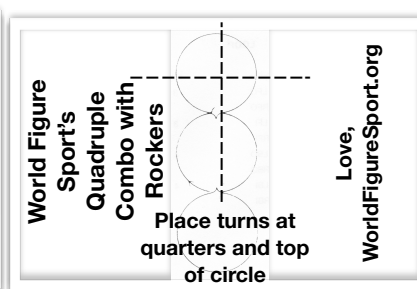
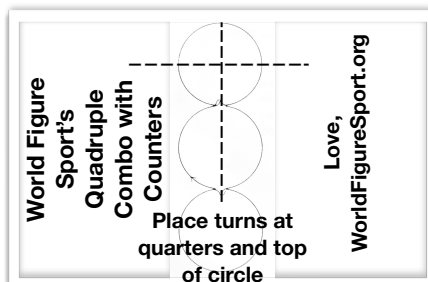
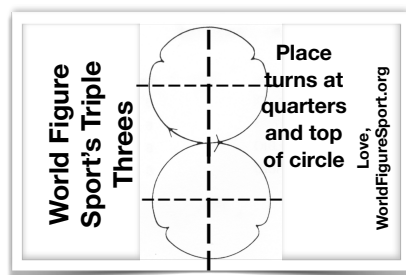


FIGURE EIGHTS: THE LIFE FORCE OF FIGURE SKATING - DVD

WORLD FIGURE SPORT'S SKATING EXAM CHART FOR FIGURES

DVD Reference Guide on left & World Figure Sport's Quadruple Platinum Exam on right



Questions contact: Mrs. Kelly, MA, Olympian, WFS's Chef de Mission of Education & Sport - WorldFigureSport.org 518-304-3029 copyright-all rights reserved

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| 7th Figure Menu | Title | Title & Chapter | <u>World Figure Sport's Quadruple Platinum Exam</u> | <u>Advanced Level 4</u> | <u>Knowledge Type</u> | <u>WFS's Exam Date & Level Achieved</u> |
|-----------------|-----------------------|-----------------|---|--|-----------------------|---|
| One Foot 8 | RBOI-LBIO & LBOI-RBIO | 1 & 19, 20 | Forward Triple 3s at Quarters & Top of Circle with Choctaws at Center | RFO-LFO & RFI-LFI | Expanded | |
| Rocker | RFO-LBO & LFO-RBO | 1 & 21, 22 | Backward Triple 3s at Quarters & Top of Circle with C. & R. Beak Push-off at Return to Center | RBO-LBO & RBI-LBI | Expanded | |
| Rocker | RFI-LBI & LFI-RBI | 1 & 23, 24 | Forward Loop 3s with Choctaws at Center | RFOLo3- LFOLo3 | Expanded | |
| Paragraph 3 | RBO-LBI & LBO-RBI | 1 & 25, 26 | Quadruple Combo Counter-Br-3-Br | RFOC- RBOBr-RFI3- RBOBr - LFIC LBIBr- LFO3-LBIBr | Expanded | |
| C. Loop | RBOI-LBIO & LBOI-RBIO | 1 & 27, 28 | Quadruple Combo Rocker-3-Br-3 | RFORr- RBO3-RFIBr- RBO3 - LFIRr-LBI3- LFOBr-LBI3 | Expanded | |